

Spark's Street  
**POUTINE  
FEST**

**DON'T MISS IT!**  
**APRIL 27 TO APRIL 30**  
Spark's Street | **SHOP.  
SAVOUR.  
SOCIAL.**  
sparkslive.com   @sparksstreet

**LIVE**  
**88.5 FM**  
**90,000 WATTS**  
**LISTEN  
NOW!**

**Ottawa  
metro**



**MAKE BUTTER  
GREAT AGAIN**  
**metroLIFE**



**Plus Trump's new dairy threat**  
**metroWORLD**

**Your essential daily news | WEDNESDAY, APRIL 26, 2017**

**High 19°C/Low 11°C Mostly cloudy**  

# NOT-SO-HOT TICKET

THE CANADIAN PRESS



**Demand for Sens seats are soft and bar owners are saying fans are less frenzied this year — what gives? metroNEWS**  
**Plus Sens vs. Rangers series preview metroSPORTS**

## Keep series on teen suicide out of class: Board

**13 REASONS WHY**

**City's Catholic schools raise alarm over Netflix show**



**Drew May**  
For Metro | Ottawa

The Ottawa Catholic School Board (OCSB) has sent a letter to the teachers warning against using the Netflix show 13 Reasons Why as a tool in the classroom.

Elizabeth Paquette, the board's chief psychologist, told CBC that the show, which centres on the mystery behind a teenaged girl's suicide, could be upsetting and triggering to some students.

Mardi de Kemp, manager of communication for the OCSB, said the letter was a resource on how to approach the subject in the classroom.

"We're always trying to provide our educators some context and some helpful strategies when there's anything out in the public that might be a concern to our students," she said. "(Suicide) is a topic that would be considered a matter of concern."

Ian Colman, a professor at the University of Ottawa who researches suicide, said the show oversimplifies the issue.

"I think this is a big problem with the show where you're focusing on a teen who has taken her own life," he said. "If somebody watching identifies with that teen's problems, they might also identify with seeing suicide as a solution to their problems."

He said he shares the school board's concern with 13 Reasons Why and students but he also said that talking about suicide reduces stigma.

The Ottawa Distress Centre has a 24-hour crisis line specifically for young people who are struggling. The number is 613-260-2360.



**Wet Kisses**  
guaranteed at Masters n' dogs!

**Food • Toys • Grooming**  
**FREE** poop bag dispenser with poop bag  
WHEN YOU PRESENT THIS AD



**Now Open!**

**Masters n' Dogs  
Daycare & Spaw**

While you work,  
they play!



613-792-3711 • 354 Richmond Rd, Westboro (beside Lululemon and MEC)

← **mastersndogs.ca** →

613-759-iDog (4364) • 376 Madison Ave, Westboro





**LIMITED TIME OFFER**

**6 GB  
DATA**

**ON OUR \$50/MO. PLAN**

**INCLUDES IN-ZONE DATA, TALK + TEXT**

**LET'S GET GOING**  
**CHATRMOBILE.COM**

**VISIT OUR LOCATION TODAY!**

168 Rideau Street | 613-241-3322  
224 Bank Street | 613-695-6624  
173 Montreal Rd | 613-695-5005

**Lincoln Fields Shopping Centre** | 2525 Carling Avenue | 613-421-2364  
**Billings Bridge Plaza** | 2269 Riverside Drive E | 613-730-1212  
**Carlingwood Shopping Centre** | 2121 Carling Avenue | 613-620-2227

**chatr**  
AUTHORIZED DEALER

\*Offer available for a limited time and subject to change without notice. Get 2GB of bonus data at 3G speed up to 3Mbps in addition to the 4GB already included in the \$50/month plan. Once you reach your 3G speed data allotment, your data speed will be reduced until your next anniversary. Visit [chatrmobile.com/plans](http://chatrmobile.com/plans) for more details. <sup>TM</sup> Trademarks used under license © 2017





# 5

## REASONS YOU SHOULD WORRY ABOUT TICK SEASON

Spring is here, and so are the ticks. Ottawa Public Health is warning people about the tiny insects, which come out anytime the temperature is above 5 C. **DREW MAY FOR METRO**



Liam McGregor, 2, sports red bullseye looking spots from tick bites, taken by his mother Karen McGregor. CONTRIBUTED

### PUBLIC TRANSIT

## Auditory hailing praised



**Tamar Harris**  
For Metro | Ottawa

Advocates for people with visual disabilities are commending OC Transpo for implementing external auditory announcements.

When buses arrive at a stop, the route and destination are announced in both official languages through speakers near the front door of the bus. The announcements are intended to improve the boarding process.

Richard Marsolais, a specialist in independent living skills for Canadian National Institution for the Blind and member of a committee that advised OC Transpo on the changes, called the announcements "a momentous step forward in making OC Transpo accessible for persons who are blind and partially-sighted."

Riders with visual disabilities previously held up bus hailer kits to indicate they needed to board, but the system was imperfect.

"It is such a sense of freedom and independence to be able to now just travel on my own," said Marsolais.

Kim Kilpatrick, a program coordinator at the Canadian Council of the Blind and an advisory committee member, said the announcements make busing easier for drivers and passengers alike.

"(OC Transpo has) done nothing but be great about working with the blind and low-vision community," said Kilpatrick, "to make sure that what they did ... was something that was beneficial to us."

### 1 Ticks might be carrying Lyme disease

Ottawa is now considered an at-risk area for Lyme disease, according to Ann Stanton-Loucks, an Ottawa Public Health inspector. She said the city recorded 75 cases of Lyme disease in humans last year and 24 per cent of ticks tested by Ottawa Public Health were carriers. Stanton-Loucks said the black legged-tick has migrated farther north and increased the city's risk level. She said this type of tick is often carried by migratory birds, not deer.

### 3 Lyme disease symptoms include a bullseye-shaped rash and a flu-like sensation

Ottawa Public Health says the bullseye rash around the bite mark is often the first sign of Lyme disease. Stanton-Loucks said it can be a challenge to diagnose because the symptoms are often the same as the flu. Low-grade fever, muscle and joint pain, fatigue, and headaches normally develop three to 30 days after the bite. Stanton-Loucks said anyone who has been bitten should contact their doctor.

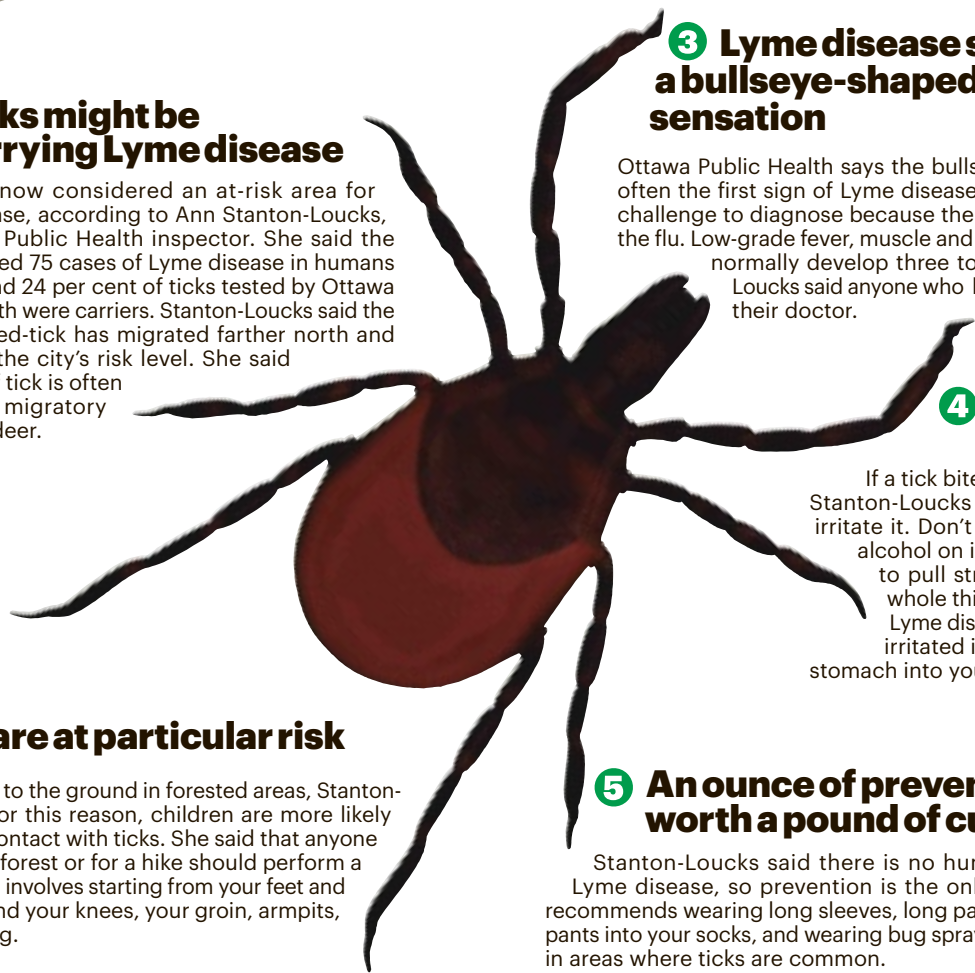
### 4 Please don't tick off the ticks

If a tick bites you and is embedded in your skin, Stanton-Loucks said, you shouldn't do anything to irritate it. Don't try to burn it, rub around it, or put alcohol on it. Instead, use tweezers or a tick key to pull straight up and make sure to get the whole thing. She said the bacteria that causes Lyme disease live in the tick's gut, and if it gets irritated it might regurgitate whatever is in its stomach into your blood stream.

### 5 An ounce of prevention is worth a pound of cure

Stanton-Loucks said there is no human vaccine for Lyme disease, so prevention is the only defence. OPH recommends wearing long sleeves, long pants, tucking your pants into your socks, and wearing bug spray with DEET when in areas where ticks are common.

"We don't need to panic, we just need to be aware," she said.



### 2 Kids are at particular risk

Ticks live close to the ground in forested areas, Stanton-Loucks said. For this reason, children are more likely to come into contact with ticks. She said that anyone going into the forest or for a hike should perform a tick check. This involves starting from your feet and checking behind your knees, your groin, armpits, and on clothing.

OTTAWA • ARNPRIOR

The demand for cyber security experts is growing at an alarming rate. Military veterans clearly possess the critical skills and characteristics attained during their military service to be retrained as cyber defenders and attacker.

### 1. START WITH THE WILLIS ADVANTAGE

150 years of success.  
Downtown Ottawa Campus.  
Partnerships with Fortune 500 companies.

### 2. GET HELP WITH FINANCING

Come explore your many options of financing available to help. Contact us to find out more.

### 3. GET THE CAREER YOU'VE DREAMED OF

Join the thousands of our graduates who enjoy rewarding and fulfilling careers.

## CYBER SECURITY ANALYST PROGRAM

Limited to 16 people per class

52 WEEKS OFFENSIVE AND DEFENSIVE

Starting soon. Enroll now!



Book an appointment with a career advisor.

Phone: 613-233-1128  
Toll free: 1-877-233-1128  
Email: [info@williscollege.com](mailto:info@williscollege.com)  
Online: [williscollege.com](http://williscollege.com)



# Fandemonium is iced as Sens frenzy stays cool

NHL

## Playoff tickets are a steal compared to other cities



**Ryan Tumilty**  
Metro | Ottawa

Playoff fever seems to be little more than a mild bug for Ottawa so far this year, with plenty of room to jump on the Senators bandwagon as the team moves into the second round.

The Senators overtime victory Sunday over the Boston Bruins moved them into the divisional-championship phase of the NHL playoffs. A best of seven series against the New York Rangers is set to begin on Thursday evening.

Tickets are still pretty easy to come by, with plenty of seats available on ticket resellers for relatively reasonable prices.

The cheapest ticket available for the Edmonton Oilers' first home game against the Anaheim Ducks this coming Sunday on the online reseller Stubhub is \$275 USD.

By contrast, a ticket for Ottawa's second-round opener at Canadian Tire Centre could be had for \$57.50, as of Tuesday afternoon. The price actually dropped over the course of the day.

In fact, at last check on Stubhub, Senators fans could take in the game from the lower bowl for less than what Oilers fans would have to pay just to get through the door. The most expensive seat in the Canadian Tire Centre on the site was \$325, while the most expensive in Edmonton was \$845.

John Couse, the owner of



Lieutenant's Pump owner John Couse stands on his restaurant's patio, which is decked out for the Ottawa Senators' playoff run.

RYAN TUMILTY/METRO

### BY THE NUMBERS

**\$275**

The cheapest ticket for the first home game of Edmonton vs. Anaheim

**\$57.50**

By contrast, tickets for our second-round opener can be had for \$57.50

**\$325**

The most expensive seat in Canadian Tire Centre. Edmonton's: \$845

the Lieutenant's Pump on the Eglon Street Sens Mile, said people definitely need some help warming up to the playoffs this year.

"The first round of the playoffs — we thought they were a little bit slower than anticipated. The excitement took a while to build," he said.

Couse said he thinks many people weren't sure the team had a longer playoff run in them, but when the team started to do well fans came out.

"As it became increasingly clear we could beat Boston, by the third game we saw people getting pretty excited," he said. "For games five and six we saw

a big increase in business."

The man behind the popular blog SensChirp.ca, who identified himself to Metro only as Dave, said the team doesn't have a huge season-ticket-holder base to rely on.

"Ottawa has always relied more on the walk-up crowd," he said.

He said the team is talented and he believes fans are starting to pay more attention.

"Every city has that: some fans that wait for things to go well," he said.

He also pointed out that Oilers fans have been waiting for a long time to get this far.

"It's been a decade since they have been in the playoffs."

He said most people didn't believe the Senators would make it through Boston, but they have been beating expectations a lot lately and he believes they will again.

"This is what this team has been built on, proving people wrong all year."

DRUGS

## Trudeau's nod to pot pardons

Marijuana advocates are cautiously optimistic about the prime minister beginning to open up to pardoning people for simple possession charges.

Trudeau sat down with Vice News Monday night for a discussion about his government's marijuana legalization efforts.

Stressing the government plans to enforce existing laws until the drug is legalized, the prime minister also suggested that the government will look at ways to help people charged with marijuana possession after the drug becomes legal.

"Until we actually change the law, we can't take steps towards moving retroactively," Trudeau said.

"Then we'll take steps to look at what we can do for those people who have criminal records for something that would no longer be criminal."

Trudeau also revealed that prior to his death, his brother Michel faced a pot possession charge, which his father worked to clear up by reaching out to friends in the legal community.

Craig Jones, executive director with NORML Canada, a group that has been advocating for the legalization of marijuana for decades, said he is



**Perhaps he just ran it up the flagpole to see the reaction.**

Craig Jones, NORML Canada

hopeful Trudeau was signalling a change could be coming.

"Perhaps he just ran it up the flagpole to see the reaction," he said. "I would like to think that's what is going on."

He said successive Canadian governments over decades have ignored the need for legalization because it was easier.

But Jones now believes Trudeau is finally taking the logical step towards that end.

"Sometimes in politics, it's easier to continue to do the wrong thing than take the bull by the horns and do the right thing."

Jones noted that possession charges often fall heavily on the people who can least afford to take their cases through court and avoid a criminal record and that's unfair.

"It really is an embarrassment to Canadians who by and large consider themselves a fair-minded people," he said.

RYAN TUMILTY/METRO

PARKING

## Councillor backpedals on Spencer Street bike lanes



**Drew May**  
For Metro | Ottawa

Jeff Leiper, the city councillor for Kitchissippi ward, said he has reconsidered his proposal to remove the parking spots on Spencer St. in favour of a bike lane.

"It's become really clear to me

in the past two weeks that it just doesn't enjoy the community's support," he said.

The plan comes after the completion of renovations to repair the street's sewers and the water main.

Leiper says cycling advocates reached out to him during the renovation process about the possibility of painting a bike lane on the street, which runs

parallel to Wellington St. W.

Leiper said he received over 160 emails from people in the neighbourhood about the proposal, and 55 per cent were opposed to replacing the on-street parking with a bike lane.

"I don't want to impose this on a community that doesn't want it, so I've decided not to move ahead," he said.

While people did not agree

with the proposed bike lane, people said in their messages that they wanted to make the city safer for cyclists, according to Leiper.

He said he does not currently plan to bring any other cycling proposals to city council, but other roads in the ward, including Richmond Rd. and Byron Ave., are getting cycling infrastructure.



**It's become really clear...that it just doesn't enjoy the community's support.**

Coun. Jeff Leiper





A poster in Gatineau's #keepitprivate campaign. SUPPLIED

## Teens asked to keep it private

### MOBILE SECURITY

### Suggestive images to fore in anti-sexting campaign



**Tamar Harris**  
For Metro | Ottawa

Gatineau police are encouraging teens to "Keep It Private" with a new program to counter sexting.

Sexting — the sharing of sexually explicit messages and images via mobile phones — has become a rising concern for authorities. Sexting can constitute child pornography if minors are involved. Gatineau police have handled more than 80 cases of child pornography related to sexting since 2014.

The program targets teens, ages 12 to 17. Gatineau police said the campaign's "daring vis-

ual imagery" and humour will help handle the delicate topic with youth.

Letting euphemisms like bananas and cats stand in for body parts, the posters use the hashtag #KEEPITPRIVATE — #GAR-DECAPOURTOI in French — to encourage teens to play it safe. They warn that one in five teens have shared a sext they've received, meaning that they could face child-pornography charges.

Campaign partners will hold in-class workshops with high school students in Gatineau to discuss safer and more appropriate methods of.



**Why do young people think it's not a big deal to share intimate images?**

Social worker Joelle Trahan

"Why do young people think that it is not a big deal to share intimate images?" said Joelle Trahan, a social worker in a statement.

"What are the social consequences of that dangerous game over the short, medium and long-terms? These are important discussions we need to have with young people."

### ENVIRONMENT

## Groups say coyote relocation 'inhumane'



**Haley Ritchie**  
Metro | Ottawa

Two environmental groups are calling on Agriculture Canada to educate, not relocate, when it comes to coyotes making their homes on the experimental farm.

Donna DuBreuil of the Ottawa-Carleton Wildlife Centre said the organization put out a news release with the Animal Protection Party of Canada when it received word that Agriculture Canada

had hired professionals to capture and relocate the animals.

"It's totally impractical. You can't relocate wildlife when there's an attraction there," said DuBreuil. "There's probably a healthy rodent population there, with mice and voles and so on, which is part of the coyote's diet."

DuBreuil called the attempted relocation "inhumane" saying that removing coyotes from the farm could endanger pups, since spring is usually the time breeding pairs mate. In March 2017,

the city's 311 hotline received 51 calls about coyotes, including 20 in River Ward. DuBreuil said coyotes living in the city aren't unusual and don't present a risk to kids or adults.

Rather, she said, they're part of the natural habitat, and the Wildlife Centre wants to see people better educated to live with them. "They don't pose a risk to people. They pose a risk to small pets," said DuBreuil, who suggests keeping dogs on leashes, especially when coyote

pups could be around.

"You're much more likely to be bit by a dog than a coyote. We need to reduce the fear a little bit and look at the facts," she said.

Agriculture Canada said it could not respond to a request for comment by end of day Tuesday.

An employee at the Experimental Farm, who did not give a name, said the traps deployed by professional trappers were not successful in capturing any animals and no one wanted to hurt the coyotes.

## BÂTISSEUR DE RÊVES

« Dès l'enfance, je savais que je me dirigeais tout droit vers une formation et une carrière en architecture. »

Mathieu, diplômé en Technologie de l'architecture

CHOISISSEZ L'ARCHITECTURE ET LE GÉNIE CIVIL

NOS PROGRAMMES-VEDETTES

- Technologie de l'architecture
- Architecture et génie civil

613 742-2483, poste 2420  
www.collegelacite.ca/architecture-genie-civil

**LA CITÉ**  
LE COLLÈGE D'ARTS APPLIQUÉS  
ET DE TECHNOLOGIE

### IN BRIEF

#### OPS employees taking more time off to deal with trauma

The OPS has seen a steady increase in the amount of lost time due to trauma and mental health, according to a new report detailing the force's new wellness policy.

Ottawa police union president Matt Skof said the numbers are increasing across Canada and even in organizations outside of first responders because there's a heightened awareness of issues like PTSD.

In 2015, OPS had four claims to take off work time due to a traumatic event. In 2016 the force had 20 similar claims. Fifty-nine per cent of long-term-disability claims in 2016 were related to mental health, according to the wellness report.

"People are less reluctant to talk about it," Skof said. "The advantage is that people are not suffering in that old environment of 'Don't speak about it, just come to work.'"

HALEY RITCHIE/METRO





**“You really do feel like you are so isolated even though there are potentially thousands of people feeling like this.”**

Sandra Legacy

Sandra Legacy was diagnosed with PTSD after the Fort McMurray fire and now wants the city to know how common conditions like hers are. JENNIFER FRIESEN/FOR METRO

# ‘It’s been a hard year’

As Fort McMurray residents struggle to rebuild, the mental health strain starts to emerge



**Alex Boyd**  
Metro | Edmonton

It starts when she can no longer take a breath, followed by a stabbing pain in the left side of her chest — symptoms “so similar” to a heart attack, Sandra Legacy says.

“It has to be one of the scariest things that a human being can feel,” she says of the anxiety attacks that have come more often lately — and hit hard. “Because you feel like you’re dying.”

Legacy has fought anxiety for years, and won. But then came the hot, windy Tuesday afternoon last May, a day that started with the usual eight-minute drive to work and ended

with a flight for her life.

Thanks to the security system installed in her Abasand home she knows her house started to burn at exactly 4:16 p.m. She still hasn’t deleted the alerts on her phone.

In the aftermath of the fire Legacy was diagnosed with PTSD and depression. She still hasn’t been able to go back to work.

“Sliding down that slippery slope into a very dark place, it’s hard to control. Not wanting to get out of bed, not wanting to get dressed or showered,” she says, sitting in the home she and her husband are renting while they rebuild. The tags still dangle from the couch she’s sitting on, and boxes of appliances fill the dining area.

“It’s been a really hard year,

it’s been a struggle every single day.”

She’s not alone.

Dr. Emmanuel Osegbue, a family physician who’s been practicing in Fort McMurray for almost a decade, says demand for mental health services among his patients is up by about 25 per cent.

Many people are still dealing with the trauma of fleeing just ahead of an out-of-control fire, he says. Now, a year later, he’s starting to see people who tried to stay strong, and are now having the symptoms of depression and anxiety catch up with them.

“Even kids, they’re taken back when they reflect on the events of that day,” he says. “I see kids that are now having mood swings more than before.”

He argues that the loss of property was especially tough for residents of Fort McMurray, given the demands of working in the oilsands. With 4 a.m. wake-up calls and long days working heavy equipment, coming home is “the thing that gives them joy everyday,” he says.

“And now it’s gone, in just a few hours. That’s very traumatic.”

He worries that counsellors are themselves overwhelmed, so he isn’t sure his patients always get the help they need.

For Legacy, the experience turned her into a crusader. She makes sure her neighbours know they’re not alone, and to reach out for help if they need it.

“You really do feel like you are

so isolated even though there are potentially thousands of people feeling like this,” she says. “You really do feel like you’re the only one.”

If there’s a positive outcome, Legacy says it’s that Fort McMurray — a town with a reputation for toughness — is now tackling mental illness head on.

“Before, you never would have seen a Facebook group about anxiety or depression or a safe place to talk. Now there are, which I’m very happy about,” she says.

“Out of every dark situation, some bright thing happens from it... The negative stigma has really come off of mental illness in this town, because so many people have been introduced to it.”

## Parents concerned about kids’ health

When four-year-old Abby plays with her little brother Zander they have to be careful not to be too rough — that’s when the coughing starts.

“If she just plays a little bit or gets overheated, she’s just coughing all the time,” says her mother, Melisa Leblanc, as she keeps a close eye on her two youngest playing in the living room of their Fort McMurray home.

Ever since the family moved back to the city after the fire, Abby has been hit with a laundry list of illnesses her mom ticks off on her fingers: pneumonia, tonsillitis, strep, ear infections.

While she’d been sick before, it wasn’t like this, Leblanc said. Alberta Health Services says the province monitors health concerns and has not seen in any spikes in respiratory complaints.

But Leblanc says she’s one of a number of Fort McMurray parents who worry about a lack of clarity around which buildings have been cleaned of fire damage, and how thoroughly, and what that means for the health of their kids.

But Dr. Mayank Singal, a zone medical officer of health for AHS, said the number of incidents and complaints of things like respiratory illnesses are closely tracked — and he hasn’t seen an increase.

Still, Dr. Ghassan Al-Naami, a paediatrician who worked in Fort McMurray before moving to Edmonton in January, said he “definitely” saw more kids with respiratory issues after the fire and says more study is needed.

As she inventories her daughter’s medications and inhalers on the kitchen counter, Leblanc said she’s not yet convinced that her kids are living in a clean environment.

“We wanted to come back too,” she said of the choice she and her husband made to come back after the fire. “I don’t know if I made the right decision at the end of the day.” ALEX BOYD/METRO

### TREATMENT

## A cuppa for Trudeau does not mean tea

Next time the prime minister pops his shirt off, don’t be alarmed if his body is peppered with circular bruises. He’s just been subjecting his skin to an ancient suction treatment with questionable efficacy that’s hot with the alternative medicine crowd. Justin Trudeau, it turns out, is into “cupping.”

Canada’s PM was outed as a practitioner this week after the tell-tale markings of the treatment were spotted on his arm during an interview.

Cameron Ahmad, a spokesperson for the prime minister, confirmed to Torstar that, yes, Trudeau cups.

Alongside references to cupping celebs like Brad Pitt, Jennifer Aniston and American Olympian Michael Phelps, the Internet tells us that the practice dates back to Chinese antiquity and has been used for millennia. Nowadays, cupping is associated mostly with pain relief, though it’s also linked with a range of ailments.

TORSTAR NEWS SERVICE

### OPIOIDS

## Roots of fentanyl epidemic run deep

Canada is in the midst of an epidemic of opioid use and abuse — involving both prescription and illicit forms of the potent narcotics — that shows no signs of abating and has led to an explosion of fatal overdoses.

So pervasive is the problem that it has become part of the Canadian consciousness and left doctors, public health officials and politicians scrambling to find solutions to contain the crisis.

Canadians remain the second highest per-capita consumers of opioids in the world, after Americans. But while U.S. use is

beginning to decline, Canada’s numbers keep rising, according to the International Narcotic Control Board, which monitors countries’ prescribing levels.

But just how did we get here?

With the isolation and later synthesis of some of opium’s chemical properties beginning in the early 19th century, medicinal use of opioids like morphine, codeine, laudanum and heroin became widespread, as did cases of addiction to those easily-purchased drugs.

Synthetic opioids, such as oxycodone, were introduced to

the prescription market from the 1950s onward, followed by slow-release formulations of a number of the drugs in the 1990s and early 2000s, which doctors began embracing for the treatment of chronic pain.

Among them were the fentanyl patch, hydromorphone and OxyContin, the latter made by U.S.-based Purdue Pharma, which aggressively marketed its product to practising physicians and medical school students as a highly-effective painkiller “without unacceptable side-effects” — including addiction.

Prescription numbers soared in Canada, the U.S. and elsewhere — as did growing reports of addictions and overdose deaths.

Then in May 2007, the truth about OxyContin was revealed when Purdue and three of its top executives settled U.S. criminal and civil charges for the company’s deceptive promotion of the medication. Still, today’s opioid crisis can’t be linked solely to Purdue and its drug OxyContin, suggests Benedikt Fischer, a scientist at the Centre for Addiction and Mental Health in Toronto.

THE CANADIAN PRESS



# SPRING SALE



The best TV service and fibre-powered Internet for one amazing price. Hurry, offer ends April 30.

Get guaranteed savings of \$38/mo.\*  
off the regular price for a year.

Right now, pay only:

FROM **\$99<sup>90/MO.</sup>**

- ✓ TV with the Good programming package and a Whole Home PVR<sup>2</sup>
- ✓ 25 Mbps Internet with unlimited usage and Wi-Fi<sup>3</sup>

Regular price of \$137.90/mo. Subject to change.  
\$49.95 one-time installation fee with 2-yr. agreement.<sup>4</sup>  
\*Applies to full billing periods.

1 866 856-9657 • Visit a Bell store • [bell.ca/bundle](http://bell.ca/bundle)

**Bell** bundling  
just got  
better

Get expert advice today.  
Visit a Bell store near you:

**KANATA**  
510 Earl Grey Dr.  
613 592-8141

**NEPEAN**  
50 Marketplace Ave.  
613 823-2355  
1541 Merivale Rd.  
613 723-4400  
Bayshore Shopping Centre  
613 820-4077

**ORLEANS**  
Place d'Orleans  
613 830-4728  
SmartCentres Orleans  
613 830-4098

**OTTAWA**  
247 Bank St.  
613 594-0008  
280 West Hunt Club Rd.  
613 566-3443  
Billings Bridge Plaza  
613 733-8992  
Carlingwood Shopping Centre  
613 798-9875  
Rideau Centre  
613 563-3808  
St. Laurent Shopping Centre  
613 741-8029  
613 744-5168 – Kiosk

**STITTSVILLE**  
1261 Main Street  
613 831-1499

Also available at:



**Tbooth**wireless

«WIRELESSWAVE»

Current as of April 17, 2017. Offer ends April 30, 2017. Available to new residential customers in selected areas of Ontario where access and technology permit. Subject to change without notice; not combinable with other offers. The Bundle Program may be changed/terminated at any time. Bell is not obligated to provide the Bundle Discount for the duration of term; see [bell.ca/bundledetails](http://bell.ca/bundledetails). Taxes extra and restrictions apply. For certain offers, customer must select e-bill and create MyBell profile. Early termination charges may apply. Fibe Internet 25: Modem rental required; one-time modem rental fee waived for new customers. Up to 25 Mbps download speeds. Upload access speeds will vary depending on the distance between the customer's modem and switching equipment from Bell: min. 0.68 Mbps and max. 10 Mbps. Speeds on the Internet may vary with your computer equipment, configuration, Internet traffic, simultaneous use of IPTV, server or other factors; see [bell.ca/internet](http://bell.ca/internet). (1) Available to new customers who subscribe to a Fibe TV and Internet bundle. \$99.90 promotional monthly rate is based on a promotional credit applied to regular price and based on the continued subscription to: Fibe TV Good package: \$56.95/mo., plus \$3 Digital Service Fee, less \$7/mo. bundle discount, less \$18/mo. credit for 12 full billing periods; Fibe Internet 25: \$94.95/mo., less \$20/mo. credit for 12 full billing periods. Promotional price will apply to your first full 30-day billing period and for each full billing period after that, for the duration of your promotion. A billing period may not start on the day of the subscription to our services. Regular price will apply for services delivered prior to the first full 30-day billing period or if Bell terminates your services during a 30-day billing period. All prices are subject to change. (2) \$0 rental based on \$15 monthly rental fee, less a \$15 monthly credit. Available to new Bell TV subscribers with continued subscription to two eligible Bell services; see [bell.ca/bundle](http://bell.ca/bundle). The receiver remains Bell's property. You may terminate your rental at any time, provided you return the receiver (early termination fees on programming may apply). Receivers may be new or refurbished at Bell's choice. (3) Subject to your compliance with the terms and conditions of your Internet service agreement found at [bell.ca/agreements](http://bell.ca/agreements). (4) Fibe TV: Installation charges are \$199.95 without a term. Includes installation of modem, Whole Home HD PVR and up to 2 additional HD receivers; see [bell.ca/fibetvinstall](http://bell.ca/fibetvinstall) for details. \$50 installation fee for each additional receiver. Internet: conditions apply; see [bell.ca/fullinstall](http://bell.ca/fullinstall). Fibe is a trademark of Bell Canada.



# Softwood casualties ahead

## TRADE WAR

### Ottawa admits U.S. move will mean jobs lost, promises action

The federal government is reaching out to reassure forestry workers, lumber producers and others facing the impact from a fresh softwood trade war that it stands ready to help cushion what it suggests will be a heavy blow.

The U.S. is imposing significant duties of up to 24 per cent on lumber imports — the latest flare-up in Canada's escalating trade skirmish with President Donald Trump's administration.

Natural Resources Minister Jim Carr acknowledged Tuesday that job losses are likely in the offing, saying Employment and Social Development Canada is standing by to provide essential services for anyone who is impacted.

Available ESDC supports include employment insurance, career counselling, retraining and provincial skills development programs, said Carr, not-



A worker gets an order of planks ready for a client in Montreal. THE CANADIAN PRESS

## + LOONIE DROPS

### U.S. duties hit the dollar

The Canadian dollar sank on news of U.S. duties on softwood lumber imports.

The loonie hit a 14-month low on Tuesday at 73.60 cents. "It's an absolute disaster for Canada," said Unifor president Jerry Dias, a union which represents 24,000 forestry workers at 134 companies.

ing Canada is no stranger to softwood disputes with the U.S., and has always prevailed in the past.

Trudeau, meanwhile, said earlier Tuesday that the Canada-U.S. relationship is bigger than any one trade irritant.

"We are tremendously interconnected in our economy with that of the United States, but

it's not just a one-way relationship," Trudeau said during a visit to Kitchener, Ont. "There are millions of good U.S. jobs that depend on smooth flow of goods, services and people back and forth across our border."

He cited the North American auto sector as one compelling example, and his oft-repeated

illustration of how a typical car part can cross the border up to six times before it ends up in a finished automobile.

Carr, on the other hand, wasn't sounding an especially friendly tone.

"We will continue to press our American counterparts to rescind this unfair and un-

**"We are tremendously interconnected in our economy."**  
Justin Trudeau

warranted trade action," he said.

During a technical briefing on the softwood duties Tuesday, officials said Canada is not likely to challenge legally under the North American Free Trade Agreement or with the World Trade Organization until next year.

The softwood spat is unfolding amid a much bigger trade issue — the renegotiation of the North American Free Trade Agreement. Despite remarks from the president and his cabinet secretary, neither lumber nor dairy are part of the current NAFTA.

Carr said the action hurts people in both countries — not only Canada's lumber sector that employs hundreds of thousands, but also American homebuyers, who must now pay more for wood. THE CANADIAN PRESS

## ECONOMY

### Dairy in Trump's sights

Fresh off slapping a duty on Canadian lumber, President Donald Trump is now making threats about dairy as the northern neighbour has suddenly, unexpectedly, become his No. 1 target for criticism lately on trade.

The president tweeted Tuesday: "Canada has made business for our dairy farmers in Wisconsin and other border states very difficult. We will not stand for this. Watch!"

That's what he wrote the morning after his government announced duties up to 24 per cent on Canadian lumber, with more expected later this year.

Lumber and dairy are longstanding irritants. In softwood lumber, the countries have a once-a-decade cycle of tariffs, trade litigation, and ultimately settlements.

What's new is how Trump is playing up the issue.

While Barack Obama referred to lumber as a minor irritant, the self-styled America First president is playing up these irritants as examples of his desire to get tough on trade. THE CANADIAN PRESS

## FOCUS ON FAMINE Update: Yemen

# International donors pledge \$1.1 billion in aid for Yemen

International donors have pledged \$1.1 billion for war-torn Yemen, the UN secretary-general said Tuesday, appealing to the fighting sides to grant access to humanitarian aid and revive diplomatic efforts to end a conflict that has killed over 10,000 civilians.

Antonio Guterres ended a daylong Yemen aid conference by hailing the "clear generosity and solidarity" of governments and civil society after two years of intensified conflict in the Arab world's poorest country.

The conference, co-sponsored by the United Nations, Switzer-

land and Sweden, raised pledges for over half of the \$2.1 billion sought by the U.N. this year in an appeal that was only 15 per cent funded previously.

Aid groups want improved access to civilians, a halt to deadly airstrikes by a Saudi-led, U.S.-supported coalition that has been fighting Shiite rebels known as Houthis, and more respect for international law.

UN officials say the world's largest humanitarian crisis is in Yemen, where 17 million people are classified as food insecure, with seven million of those fa-

cing critical food shortages.

The war pits the coalition of mostly Sunni Arab countries against the Iran-backed Houthis and allied army units loyal to a former president. The Houthis seized the capital, Sanaa, and other areas in 2014, forcing the internationally recognized government to flee.

Unlike the Syria war, Yemen's conflict has not produced a flood of refugees — making it a relatively contained crisis that has made fewer international headlines.

A preliminary breakdown pro-

vided by the UN showed that the U.K. pledged more than \$173 million, Saudi Arabia pledged \$150 million and the United Arab Emirates, a key member of the coalition, pledged \$100 million. The United States said it was committing nearly \$94 million in additional assistance, bringing its total to \$526 million since the 2016 fiscal year.

Guterres and many diplomats acknowledged aid is only a stop-gap measure, insisting that ultimately Yemen's suffering will only ease with a political solution that ends the war. THE ASSOCIATED PRESS



A Yemeni girl carrying water on the outskirts of the Yemeni port city of Hodeidah. GETTY IMAGES

## HOMESTEAD JOB FAIR!!

If you are looking for work in property management, please drop by the **Courtyard Marriott, 350 Dalhousie St** on Thursday, April 27th, between 2pm and 6pm.

We are looking for Superintendent and Building Manager teams of 2 who will live onsite and receive free rent. If you are handy, hard-working and like to work in a team, we would like to see you! We provide paid training and opportunity for advancement.

Please visit [homestead.ca](http://homestead.ca) to learn more or [careers@homestead.ca](mailto:careers@homestead.ca) or 613-544-6674 ext. 275

## TRAIN FOR A CAREER IN BUSINESS OR LAW!

- ✓ Accounting and Payroll Administrator
- ✓ Law Clerk
- ✓ Paralegal \*accredited by the Law Society of Upper Canada
- ✓ Business Management
- ✓ Fitness and Health Promotion

**CONTACT US TODAY**  
**613-722-7811**

**ALGONQUIN CAREERS ACADEMY**

1830 Bank St, at Walkley station

[www.algonquinacademy.com](http://www.algonquinacademy.com)







## JESSICA ALLEN ON LOVE IN THE TIME OF NETFLIX



### From the gulf between German expressionism and Sex and the City 2 emerges Twin Peaks.

They say the leading cause of divorce, ahead of infidelity and financial issues, is “basic incompatibility.”

Like not agreeing on what to watch on television.

For 12 years, my partner Simon and I have weathered this storm pretty well. There are TV series, like *The Sopranos* and *Deadwood* that we are always happy to revisit. There are new offerings, like *Big Little Lies*, and new seasons of familiar shows, like *Girls* and *Broad City*, to catch up on. And when in doubt, there’s a list on the fridge of the top 100 films of the 21st century to go through. (We still have 39 to see.)

But recently, a tempest has been brewing. Last autumn, the shop Simon managed for more than a decade closed and, for the time being, he has comfortably settled into the role of homemaker. I come home from a hard day at work to the smell of a home-cooked meal, a clean house, the laundry folded, and am greeted with a cocktail. It’s like *Mad Men*, only I’m Don Draper and he is Betty.

And Betty is being a real pain in my neck. Because his days are filled with domesticity, in the evenings he doesn’t

want to revisit *Mad Men*, a recent suggestion of mine. “*Mad Men* is really nothing more than John Hamm’s face and period detail,” he said. “And if I’m watching a period piece

One night we attempted to solve our indecision by watching different things in the same room. But it was too sad.

So on Sunday morning when I saw an ad for the



Will film and television auteur David Lynch save Jessica Allen’s relationship with his *Twin Peaks* revival? AP

it’s got to be set in Edwardian England, for the outfits.”

He wants to watch things that might challenge and teach him something, because the idea of wasting time right now gives him huge amounts of anxiety.

Because my days are filled with trying to stay culturally and politically current, offering up opinions on everything from corporal punishment in American high schools to whether butter should be kept on the counter or in the fridge, I want to watch mind-numbing things.

new *Twin Peaks* coming out May 21, it was like a port in the storm. Here, I thought, is something that we will both want to watch. Only Simon wasn’t interested: he doesn’t want to risk tarnishing the original. He still hasn’t gotten over the *Gilmore Girls* redux.

He wants to watch things that will better his brain, like a four-hour Andy Warhol documentary. He also discovered that a good chunk of the Criterion collection is available online, for free, with a library card. “What about some Fassbinder?” he asked, scrolling

through the catalogue while dinner got cold.

“Oh I love him!” I said. “Is Prometheus on there?”

“Not Michael Fassbinder. Rainer Werner Fassbinder, the German director.”

Let me tell you, Effi Briest is no *Sex and the City 2*.

“It’s the golden age of television!” I argued. “Can’t we watch something normal?”

“I think the most exciting thing on TV is Matthew McConaughey in the Lincoln commercials,” he said.

Thankfully, Simon changed his mind about *Twin Peaks* — but only after reading a David Lynch quote that it should be thought of as an 18-hour feature film.

And at least I know what we will be watching tonight. April 26 is both Channing Tatum and Marcus Aurelius’ birthday. So Magic Mike, our modern-day Meditations on the economic disparity in America, it is — with no argument from Simon.

I didn’t understand. But I didn’t ask; when life sends you a pony, you get on it and ride.

**Jessica Allen** is the digital correspondent on CTV’s *The Social*.

## Trudeau tone deaf on plea for pot charge amnesty



**Vicky Mochama**  
Metro | Toronto

Justin Trudeau’s relatability is wearing thin.

During an interview at Vice Media’s Toronto office, he was asked by Malik, a young black man: “How am I going to become the next prime minister if I can’t get a decent job because of (drug) charges?”

The current prime minister responded with an anecdote about his younger brother Michel being charged with pot possession and his dad (you may have heard of him: French guy, pirouettes, led the nation) using his connections to make the charge “go away.”

“We were able to do that because we had resources, my dad had a couple connections, and we were confident that my little brother wasn’t going to be saddled with a criminal record for life,” Trudeau said.

The anecdote isn’t new. He mentioned it while campaigning, and it is in his memoir. He uses it to underscore how access and wealth worked for his family in a way that it doesn’t for black and Indigenous people in Canada.

What was new is that it lacked in his trademark (if occasionally cringe-worthy) empathy. Asked how the government’s legalization plan would help someone who was young, black and scared, the prime minister told a story about being white and

incredibly privileged.

This is in step with the tenor of the legislation itself. The government is not promising anything to those people who’ve found themselves on the wrong end of the War on Drugs. Though Trudeau did say he would “start a process” to “try and look” at how to make things fairer once the law is in place.

This legislation is being framed as an opening gambit in a more compassionate legalization plan. But only after the current legislation and negotiations have been worked out will there be any discussion of moratoriums, pardons or amnesties.

The new laws won’t be in place until summer 2018. After that, the run-up to the next election will likely derail criminal justice reform.

No politician interested in keeping his motorcade would go into an election promising to let drug users off.

In 2019, the young people who campaigned for and elected this government are going to be asking what happened and they deserve the truth.

Being honest, the prime minister should have just answered as I would have: There’s no law against stoners becoming prime minister. In fact, having smoked pot while serving as a member of Parliament, I’d like to think I have paved the way.

No one, I would say to young Malik, is too high for the highest office.

**metr** CHIEF OPERATING OFFICER, PRINT **Sandy MacLeod** VICE PRESIDENT & EDITOR **Cathrin Bradbury** EXECUTIVE VICE PRESIDENT, REGIONAL SALES **Steve Shrout** MANAGING EDITOR OTTAWA **Matt LaForge** ADVERTISER INQUIRIES **adinfoottawa@metronews.ca** General phone 613-236-5058

# More data. More awesome.



~~2GB~~ DATA 4GB DATA  
FOR ONLY \$40 PER MONTH

freedommobile.ca

**Freedom**  
mobile

\$0 LG G6 with \$35/mo MyTab Boost.

Learn more at freedommobile.ca. The bonus 2GB of data is available for a limited time and is subject to change or cancellation without notice. Bonus 2GB of data will be applied to Pay Before and Pay After lines for new activations on, or existing customers who migrate to, an “Eligible Plan” (current in-market \$40, \$49 or \$59 plans) during the promotion period. Bonus 2GB of data will remain on your account as long as you remain an active customer on the Eligible Plan. MyTab terms and conditions apply. These offers may not be combined with any other in-market offer, with some exceptions. Additional terms and conditions apply. Applicable taxes extra. LG G6 is a registered trademark of LG Electronics Inc. Screen image simulated. The Freedom Mobile name and logos and other words, titles, phrases, marks, logos, icons, graphics are trademarks of, or are used under license by, Freedom Mobile Inc.





FOOD

## Canadians are churning out much fancier fat options

**Genna Buck**  
Metro | Toronto



The U.S. president is not exactly over the moon about the Canadian dairy industry's system of price controls, production quotas and limited imports.

He has called Canada's rules a "complete and total disaster" and promised "very big changes" to the two countries' trading relationship.

For Canadian farmers trying to shield their industry from global market forces — not to mention those American, Australian and New Zealand milk producers who want to compete — this is a life-and-death issue. They have families to feed.

But consumers have mouths to feed too, preferably with premium butter. And this spat could have big implications for butter lovers.

Canadian butter, though tasty — it's butter, after all — is a commodity product. Nearly all of it is exactly 80 per cent fat, the mandated minimum, and it's made from cream that farmers pool together (there's a separate pool for organic dairy).

Bumping up the fat content just a little — to 82 or 84 per cent — elevates ho-hum butter into something luxurious. High-fat European butters contain significantly less water, resulting in flaky pastries, rich sauces and the most tasty toast.

But butter imports to Canada are capped at just over three



**Bumping up the fat content in butter by just a little — to 84 per cent from the standard 80 — elevates ho-hum butter into something luxurious. Europeans know this...and now Canadians have caught on, too.** ISTOCK

tonnes per year. The fancy European butters available at a few farmers' markets and specialty stores are subject to high tariffs and, as a result, they're eye-wateringly expensive.

A few Canadian companies have stepped in to meet the

demand for specialty butters — organic, grass fed and, yes, even a few with that magical extra fat.

If you struggle to find high-fat butter at your local market (and there's a good chance that you won't be able to), "cultured"

"European-style" butter is the next best thing.

The bacteria added to the cream before it's churned lend a tangy taste and a more "buttery" butter flavour.

You won't miss the extra fat. Much.

3

**Butter imports to Canada are currently capped at a little over three tonnes per year.**

## EURO STYLE

### Churn84 European-style salted butter

An ultra-rich spread from Eastern Ontario's Stirling Creamery (84 per cent fat)



### COWS creamery butter

This Prince Edward Island creamery makes its European-style butter in unsalted, sea-salted, and cultured versions. (84 per cent fat)



### PC Black label Normandy-style butter

This highly findable butter from Loblaw's is an old standby as premium products go. It has a tangy taste but the same amount of fat as typical grocery varieties. (80 per cent fat)



### Riviera Petit Pot-Salted Butter

This Quebec creation contains crunchy flakes of sea salt and comes in a fun reusable container. (80 per cent fat)



### Avalon certified organic butter

Avalon Dairy is a B.C. favourite with a nice yellow colour. And it's organic. (80 per cent fat)



GENNA BUCK/  
METRO

## NOW HIRING

## Great Contact Centre Opportunities!

### Call Centre Representatives

- Guaranteed hourly wage
- Daily and weekly performance bonuses
- Paid every Friday
- New State of the Art Call Center
- Located in Downtown Ottawa near Gatineau
- Advancement opportunities
- Full time and Part time available
- 20 Full-Time & 10 Part-Time Positions Available

**\*FLUENT english is a must!**



Contact: **Keith O'Connell**  
Phone: **1-800-210-8579 ext. 291**  
Email: **keith.oconnell@imkgp.com**



# DOWNLOAD METRO'S NEW APP NOW

OFFLINE  
READING

• LOCAL NEWS • VIEWS • LIFE • SPORTS

>>>





KETCHUP NUMBERS

**5K**

A family-owned manufacturing building in North York will start churning out 5,000 litres of French's ketchup every hour, starting next month.

**250**

The facility will squeeze out about 250 bottles every minute.

**90**

More than 90 per cent of the ingredients will be Canadian-sourced.

**133K**

The launch of French's locally-made ketchup follows last year's social media firestorm, sparked by a Facebook post that was shared 133,500 times criticizing the relocation of a Heinz plant from Ontario to the U.S. TORSTAR

**ROSE REISMAN THE SAVVY EATER**

**THIS WEEK:** Breakfast sandwiches

Your morning breakfast sandwich may be weighing you down!

**PICK THIS**

**Tim Hortons Egg and Cheese Breakfast Sandwich on English Muffin**

**Calories** 271  
**Fat** 11g  
**Saturated Fat** 5.4g  
**Sodium** 567mg



**SKIP THIS**

**Tim Hortons Sausage Breakfast Sandwich on a Biscuit item**

**Calories** 500  
**Fat** 33g  
**Saturated Fat** 16g  
**Sodium** 1030mg



**HERE'S WHY**



**Equivalent in salt to EIGHT regular-sized orders of fries from New York Fries.**

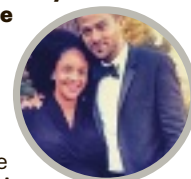
A breakfast sandwich is a favourite choice for morning fuel on the go. While you may think it won't make that big of a difference by choosing the sausage and home-style biscuit, it doubles the calories and sodium, and adds two-thirds more of the fat. In fact, the biscuit alone has almost four times the sodium than an English muffin! The biscuit contains hydrogenated vegetable oil, including palm oil, which dramatically increases the fat and saturated fat. The English muffin has almost no fat, and eliminating the processed meat makes a world of difference.

**Gossip DIGEST**

**TV Grey's Anatomy star files for divorce**

Grey's Anatomy star Jesse Williams has filed for divorce from wife Aryn Drake-Lee Williams after over four years of marriage, citing irreconcilable differences.

The 36-year-old Williams is asking for joint custody of the couple's two young children. THE ASSOCIATED PRESS



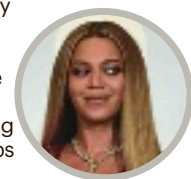
The crash sent the tractor into a ditch on one side of the road and Soules' truck into a ditch on the other side, the patrol said. The tractor driver was taken to a hospital, where he was pronounced dead. Authorities didn't release the identity of the 911 caller. THE ASSOCIATED PRESS

**EDUCATION Beyonce to fund scholarships for black women**

Beyonce is marking the anniversary of her album Lemonade by announcing scholarships for black women to attend selected colleges.

Her Formation Scholars Award will go to a single black woman student at four schools. The announcement says the scholarships are aimed at encouraging and supporting women "who are unafraid to think outside the box and are bold, creative conscious and confident."

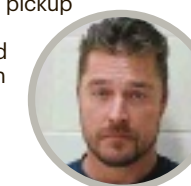
THE ASSOCIATED PRESS



**DRIVING OFFENCE Ex-Bachelor star jailed after deadly Iowa crash**

Chris Soules, an Iowa farmer who starred on The Bachelor two years ago, was arrested Tuesday on a charge of causing a deadly accident and leaving the scene.

Soules was behind the wheel of a pickup truck that rear-ended a tractor in northern Iowa on Monday night, the Iowa State Patrol said.



WHAT IS YOUR **LANDMARK?**

Tell us your Landmark to **WIN** the trip of a lifetime.

First class for two on the Canadian with VIA Rail!

Visit [landmarks2017.ca](http://landmarks2017.ca) for information.







Music matters to all ages — and for boomers, it is still a vital force in their life. ISTOCK

# You're only as old as you feel

## BUST A MOVE

### Many venues for older adults to enjoy music scene

Will McGuirk

"Music is the universal language." It's a short quote from Henry Longfellow but it resonates. Music transcends borders between cultures and countries but it also matters to all ages. Music was the voice of choice of the Woodstock generation and for boomers it is still a vital force in their life.

However the industry around music is very much tilted towards the young and the young at heart can feel, well, to put it

bluntly, old!

But if you want it you can find it, one only need to leave the rocking chair behind.

Eric Alper is a music correspondent, blogger and radio host with almost a million Twitter followers. While many venues chase the younger crowd he suggests there are many places catering to more mature tastes in music. Churches, for example, offer some of the best acoustics and the right atmosphere for a meditative listening experience.

The Southminster United Church, located on Bank Street, hosts an annual grassroots festival, this taking place April 20 to 23. Keith Whiteley and the Beulah Band, Malak, Mélanie Brulee, The Spirit of India and Deborah Kigjugalik Webster are among the performers. The Southminster also offers Wednesday noon and Saturday evening jazz shows.

The jazziest venue in Ottawa may well be The Record Centre. It's a vinyl record shop housing thousands of albums of all genres and age and it also doubles as one unusual but interesting live music venue hosting shows among the racks in-store. They offer first and foremost a listening experience. There is no alcohol, no food, and the shop closes, at the latest, 7 p.m. (that's Saturday).

With the JUNOS in Town recently many artists took the time to drop by and play, including Whitehorse, who will be back in May. CBC broadcaster and Blues aficionado Holger Petersen was also in for a book reading of his latest "Talking Music 2: Blues and Roots Music Mavericks."

For mature music mavericks there are many places in the city to hear the universal language in all its many manifestations.

# How to transition to a small community

Although many of us dream of the leisurely days of retirement, the transition from a busy working life to days of unscheduled free time can be daunting.

If your retirement plans involve leaving an urban centre

and starting fresh in a small community, the transition can feel overwhelming.

"Today's hot city real estate market makes leaving urban centres and retiring in a small town a sound financial choice, but there is unquestionably an

adjustment," explains Mariah Hamilton, regional director at Millborne Real Estate in Kingston.

Hamilton specializes in helping retirees find new homes in eastern Ontario. She says there are some sim-

ple steps to make the transition smooth.

Hamilton recommends making multiple visits to the town to make sure it has the stores, services and activities you like. Is there a local library, a bakery, a good selection of restaurants? Linger at the local coffee shop and get a feel for the locals. Are they chatty and welcoming, or closed off to strangers? If you enjoy the arts, is there an opportunity to get involved with the local theatre? If you're a boater, are there spectacular waterways to explore? For example, communities like Gananoque on the St. Lawrence River is very popular with retirees as it has so much to offer.

Retiring and downsizing is a big psychological shift and the process can be daunting. These expert tips will help:

Start planning several years before you want to retire, as many people realize too late they should have downsized sooner. Assess your financial situation and explore all of your options. Do you want to remain near friends and family?

If you know you want a condo, you will get a better property at a significantly better price if you make a

down payment during pre-construction and you'll be able to customize your suite. The property will be ready when you are set to retire.

Retirement brings a different lifestyle and a different home, so allow yourself

plenty of time to adjust. If possible, gradually ease your working hours and practice slowing down. Spend as much time as possible in the community where you plan to move.

NEWS CANADA

**MIDEARTH TRAVEL**

738 Bronson Ave. 224-6 Hunt Club Rd.  
613-236-5226 613-236-2323

[www.midearth.ca](http://www.midearth.ca)

**BUS TOURS**

**TORONTO – BRUCE PENINSULA – NIAGARA FALLS**  
1000 Island Cruise, Toronto, Bruce Peninsula, Flowerpot Island, Niagara Falls  
Saturday departures  
2-day from **\$119** 3-day from **\$179**

**MARITIME PROVINCES**  
PEI - Peggy's Cove - Halifax - Bay of Fundy  
Saturday departures from July 15 - Aug 19  
6-day from **\$379** 7-day from **\$439**

**QUEBEC CITY & WHALE WATCHING**  
Quebec City, Montreal, Charlevoix, WhaleWatching. Saturday departures  
2-day from **\$129** 3-day from **\$179**

**BOSTON – RHODE ISLAND**  
Departures: July 1, Aug 5, Sep 2  
3-day from **\$179**

**NEW YORK CITY FUN**  
NYC - Woodbury  
3-day from **\$179**  
NYC - Washington DC - Philadelphia  
4-day from **\$229**  
Departures: May 20, June 17, July 1, 15, Aug 5, 19, Sept 1, Oct 7  
**ALL INCLUDING BUS TRANSPORTATION AND HOTEL ACCOMMODATION**



Today's real estate market makes leaving urban centres and retiring in a small town a sound financial choice. ISTOCK



*Take the time...*  
...to provide your loved ones with a lasting gift.

Advance planning allows your loved ones to mourn your passing instead of managing funeral details.



Call *Beechwood* and make your pre-arrangements today.  
*Join us for a no-obligation appointment*

**Funerals** 🍁 **Cremations** 🍁 **Burials** 🍁 **Life Celebrations** 🍁 **Memorials** 🍁 **Catered Receptions**



[www.beechwoodottawa.ca](http://www.beechwoodottawa.ca)

Tel: 613-741-9530 or 1-866-990-9530 Fax: 613-741-8584 280 ave. Beechwood Ave., Ottawa, Ontario K1L 8A6

Owned by The Beechwood Cemetery Foundation and operated by The Beechwood Cemetery Company.



# Acadia better in smaller packages



HANDOUT

## THE CHECKLIST | 2017 GMC ACADIA

### THE BASICS

**Engine:** 2.5-litre four-cylinder; 3.6L V6  
**Output:** 193 horsepower, 188 pound-feet of torque; 310 hp, 271 lb-ft  
**Transmission:** 8-speed automatic  
**Fuel Economy (l/100 km):** 11 city, 9.2 highway; 13.3 city, 9.5 hwy (AWD)  
**Price:** Starts at \$35,095



### LOVE IT

- Smaller dimensions
- Available torque-vectoring all-wheel drive

### LEAVE IT

- Cost climbs quickly
- Little cargo room behind third row

### REVIEW

## GMC Acadia enters the mid-sized crossover segment



**Dan Ilika**  
AutoGuide.com

Of all the new crossovers to hit the market in the last year, none has undergone more drastic changes than the 2017 GMC Acadia. Like its fraternal twins, the Buick Enclave and Chevrolet Traverse, the Acadia was always a bit of a bloated and awkward entry in the market. All that changes for 2017, with the Acadia downsized significantly to slot neatly into the mid-size segment.

This new Acadia offers very little that ties it to its predecessor. Measuring 4.9 metres from tip to tail, it's noticeably smaller than its competitors. The biggest return on the Acadia's downsizing is at the scales, with roughly 318 kg cut from its curb weight.

The smaller size allowed for the introduction of a new four-cylinder base engine. The 2.5-litre delivers punch when called upon. It's also the more efficient of the two engine options. For those in need of additional output, the Acadia returns with an available 3.6-litre V6. The engine serves plenty of power — especially for those looking to strap a trailer to the back. The Acadia is rated to tow 1,814 kg with the larger of the engines under the hood.

While front-wheel drive is standard on virtually all trim lev-

els, it's likely most new Acadias will put power to all four. This new version of the Acadia offers two ways to do so. While a run-of-the-mill all-wheel-drive system is standard fare and features a disconnect feature to maximize fuel efficiency, the available All Terrain package adds a twin-clutch setup that features proper torque-vectoring capability.

The drivetrain system will feel familiar to anyone who has driven a GM crossover or SUV recently. Throttle response is smooth and sharp with the V6, while the suspension and steering setups are smooth and supple. Adaptive dampers are available on Acadia Denali models for increased road comfort, though not necessary.

Step inside and the Acadia can be served up six ways to Sunday ranging from affordable to overpriced. Base versions with the four-cylinder engine sending power to the front wheels start at \$35,095, while the top-of-the-line Denali starts at \$54,895. Adding options can quickly push the price above \$58,000 — enough to cover the cost of a Cadillac XT5.

Regardless of which end of the price spectrum, the Acadia's interior features a fresh and modern layout and comes fairly well equipped. Apple CarPlay and Android Auto are standard, as is a built-in 4G LTE Wi-Fi hotspot.

Despite its size, the 2017 GMC Acadia is still available with three rows of seating — though that doesn't mean anyone old enough to drive would want to occupy all three of them. Likewise, cargo room behind third row is almost not worth mentioning. From oversized to right-sized, the Acadia makes the most of its dimensions, fitting family life just fine.

### POLITICS

## GM's Venezuela plant illegally seized by government officials

**Sam McEachern**  
AutoGuide.com

General Motors says its sole plant in Venezuela has been illegally seized by government authorities, forcing it to halt its operations in the region until further notice.

GM's Venezuelan subsidiary, General Motors Venezolana, has operated in the country for nearly 70 years and employs nearly 2,700 workers there. The automaker said its Venezuelan

workers will be given "separation payments" as it looks to exit the politically tumultuous country.

"Yesterday, GMV's (General Motors Venezuela) plant was unexpectedly taken by the public authorities, preventing normal operations," a statement released by the automaker said. "In addition, other assets of the company, such as vehicles, have been illegally taken from its facilities."

Former Venezuelan president Hugo Chavez, who took office in 1999, saw the state take over

much of the country's industries, including its hugely profitable oil reserves and its telecommunications and energy sectors. 2016 marked its third straight year of recession and the unemployment rate is set to swell past 25 per cent in 2017. There's also reports of widespread food shortages and extremely poor access to healthcare.

GM is far from the first major corporation to bail out of its Venezuelan operations. Exxon-Mobil exited the country in 2007 after Chavez tried to put one of its projects under state

control and in 2014 cleaning product company Clorox was forced out after government officials took over one of its plants. Additionally, Coca-Cola was forced to put a pause on beverage production in the country last year due to a sugar shortage.

It's not immediately clear why Venezuelan officials felt the need to take over GM's plant or how this may affect the automaker in surrounding South American markets such as Brazil, Colombia and Argentina.



**GM's seizure comes as Venezuela's opposition looks to keep up pressure on President Nicolas Maduro.** THE ASSOCIATED PRESS







# Best way to *break in* a new engine

## HOW TO

### Rules for whether it's factory fresh or a rebuild



**Craig Cole**  
AutoGuide.com

So, you just bought a car, something showroom fresh with fewer kilometres on the odometer than a new pair of shoes. Naturally, you'll want to protect this investment. Properly breaking in the engine will do its part to help ensure a long and trouble-free life. But opinions differ on how this should be accomplished.

Some experts advocate a hard break-in. This includes a certain amount of heavy acceleration during the car's first few kilometres. The goal of this is to force piston rings against cylinder walls so these metal parts can seat before the bores' honing marks are worn away. Done properly, this supposedly results in an engine that produces more power and lasts longer.

But most others recommend



**New-vehicle buyers should read their owner's manuals because everything is "spelled out exactly what to do," said Siegrist.** ISTOCK

taking it easy for a while, including many automakers.

#### Take it easy

According to Michael Siegrist, assistant chief engineer of the new 1.6-litre turbo diesel engine in the Chevy Cruze and the man in charge of all GM's passenger-car compression-ignition engines in North America: "Most of our vehicles ask that you do (an approximately 2,500 km) break-in."

This encompasses several things. "Don't drive a constant

speed," said Siegrist; try to vary the engine's RPM frequently. He also added, "Don't go over 130 km/h," and "no full-throttle starts." It's also prudent to avoid exceeding 4,000 RPM.

The break-in period is a no-fun, burnout-free, racing-exempt zone. But your patience during those 2,500 km will be rewarded.

"What's really going on," explained Siegrist, "You have machined parts with sharp edges that during that break-in period, we're lapping in those sharp

edges so that they fit perfectly for the life of the engine."

It's a similar situation with Toyota. For its Highlander crossover at least, the Japanese automaker recommends that customers avoid sudden stops or towing for up to the first 800 km.

#### Ready to Run

Suggested break-in procedures vary between manufacturers. David M. Goggin, marketing communications director at Cummins, a major manufacturer of

diesel engines, said, "We have no special break-in procedures," a policy he estimates the company has had for a decade or more.

Goggin noted that with Cummins' current manufacturing capabilities, the tolerances they're able to hold, plus superior lubricants and better materials obviate the need for a break-in.

Another vehicle class where taking it easy might not be recommended is in the performance market. Mike Schropp, engine supervisor at Livernois Motorsports, a company that offers engineering services, vehicle performance products and more said, "Most of the engines we build here would be high performance and/or racing-style engines." Accordingly, "The break-in process is pretty critical."

What does Schropp recommend? Well, he advocates "medium load to medium-heavy load." This corresponds roughly to between 30 and 60 per cent throttle.

"There are people that... want a really hard break-in," he said, but extremely high loads and temperatures are not desirable.

Additionally, Schropp stressed the importance of avoiding extended idling, which can glaze cylinder walls, preventing the

rings from properly seating. It's critical to vary engine speed right after a rebuild.

#### What About the Oil?

Livernois Motorsports puts special oil in all its rebuilt engines. Accordingly, Schropp recommends early oil changes to help flush any undesirable metallic bits out of an engine's vital circulatory system. A lot of that cruft is "going to get caught in the oil filter," he said, but still, "change it after the first thousand miles."

For factory-fresh vehicles, this usually isn't the case. "We manufacture all of our engines with the oil we want it broken in with," said Siegrist. He also noted that a more frequent lubrication service schedule is not necessary.

Still, you can never harm an engine by changing the oil too frequently. Early service, while probably wasteful of money, can only benefit vehicle longevity.

Another thing that could speed this process along is avoiding synthetic oil. Schropp recommends this since you need a certain amount of friction between moving parts for them to wear together properly. Man-made lubricants generally allow less of this than their mineral equivalents.

# TOUGH. SMART. CAPABLE. UNDISPUTED.



FIND IT. DRIVE IT. OWN IT.  
VISIT [FINDYOURFORD.CA](http://FINDYOURFORD.CA) OR YOUR METRO FORD DEALERS OF OTTAWA TODAY.

LEASE THE 2017  
**F-150 XLT SUPERCREW 4X4 5.0L**  
WITH TRAILER TOW PACKAGE

**\$199**  
EVERY 2 WEEKS

**0.49%**  
APR\*

**36**  
MONTHS

**\$3,250**  
DOWN

OFFER INCLUDES \$1,800 IN FREIGHT AND AIR TAX

ELIGIBLE COSTCO MEMBERS RECEIVE AN ADDITIONAL **\$1,000\*** ON MOST NEW 2017 F-150 MODELS

**COSTCO**  
WHOLESALE

F-SERIES<sup>+</sup>  
CANADA'S BEST-SELLING TRUCKS  
**51**  
YRS

**BUILT**  
FORD  
**TOUGH**

Our advertised prices include Freight, Air Tax, and PPSA (if financed or leased). Add dealer administration and registration fees of up to \$799, fuel fill charge of up to \$120 and applicable taxes, then drive away.

Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible raincheckable Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Uplift Program or the Commercial Fleet Incentive Program (CFIP). \*Until May 1, 2017 lease a new 2017 F-150 SuperCrew 4X4 5.0L for up to 36 months and get 0.49% APR on approved credit (OAC) from Ford Credit Canada Company. Not all buyers will qualify for the lowest APR payment. Lease 2017 F-150 SuperCrew 4X4 5.0L with a value of \$38,654 (after \$3,250 down payment or equivalent trade in and \$3,750 manufacturer rebate deducted and including freight and air tax of \$1,800) at 0.49% APR for up to 36 months with an optional buyout of \$23,604, monthly payment is \$431, (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of \$199), total lease obligation is \$18,766, interest cost of leasing is \$455 or 0.49% APR. Taxes payable on full amount of total lease financing price after Manufacturer Rebate has been deducted. Offers include freight, air tax, and PPSA but exclude administration and registration fees of up to \$799, fuel fill charge of up to \$120 and all applicable taxes. Additional payments required for optional features, license, and insurance. All prices are based on Manufacturer's Suggested Retail Price. Some conditions and mileage restriction of 60,000km for 36 months applies. Excess kilometre charges are 16¢ per km plus applicable taxes. Excess kilometre charges subject to change, see your local dealer for details. \*Offer only valid from March 1, 2017 to May 1, 2017 (the "Offer Period") to resident Canadians with an eligible Costco membership on or before February 28, 2017. Receive \$1,000 towards a new 2017 F-150 (excluding F-150 Raptor) (each an "Eligible Vehicle"). 2016 model year vehicles may qualify as Eligible Vehicles (excluding Regular Cab XL 4x2, Raptor) and depending on available inventory - see dealer for details. Limit one (1) offer per each Eligible Vehicle purchase or lease, up to a maximum of two (2) separate Eligible Vehicle sales per Costco Membership Number. Offer is transferable to persons domiciled with an eligible Costco member. Applicable taxes calculated before offer amount is deducted. Applicable taxes calculated before offer amount is deducted. †F-Series is the best-selling line of pickup trucks in Canada for 51 years in a row based on Canadian Vehicle Manufacturers' Association statistical sales report up to year end 2016. ©2017 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©Registered trademark of Price Costco International, Inc. used under licence. ©2017 Ford Motor Company of Canada, Limited. All rights reserved.

Available in most new Ford vehicles with 6-month pre-paid subscription.





# NISSAN MY CHOICE SALES EVENT



Innovation  
that excites

## CHOOSE FROM:

UP TO **\$4,000** PARTS AND ACCESSORIES CREDIT<sup>1</sup> OR UP TO **\$3,500** BONUS CASH<sup>2</sup>

OFFER APPLICABLE ON MOST MODELS. THE AMOUNTS SHOWN ARE AVAILABLE ON 2017 TITAN MODELS

## ON TOP OF EXISTING OFFERS

## RIGHT VEHICLES • RIGHT PRICE • RIGHT TIME

### ROGUE®

LEASE\* FROM \$254 MONTHLY WITH \$1,495 DOWN  
THAT'S LIKE PAYING ONLY

**\$59** AT **0.99%**

WEEKLY ON 2017  
ROGUE S FWD

APR FOR  
**39** MONTHS

#### STANDARD FEATURES:

- HEATED FRONT SEATS
- REARVIEW MONITOR
- LED DAYTIME RUNNING LIGHTS AND TAILLIGHTS
- XTRONIC® TRANSMISSION

PAYMENT INCLUDES **\$1,500** MY CHOICE BONUS CASH



SL  
model shown\*



SR  
model shown\*

### SENTRA®

LEASE\* FROM \$214 MONTHLY WITH \$995 DOWN  
THAT'S LIKE PAYING ONLY

**\$49** AT **0.99%**

WEEKLY ON 2017  
SENTRA SV CVT  
STYLE PACKAGE

APR FOR  
**39** MONTHS

#### INCLUDES:

- MOONROOF
- ALUMINUM-ALLOY WHEELS
- XTRONIC® TRANSMISSION
- HEATED FRONT SEATS

PAYMENT INCLUDES **\$1,250** MY CHOICE BONUS CASH

### MURANO®

LEASE\* FROM \$355 MONTHLY WITH \$1,495 DOWN  
THAT'S LIKE PAYING ONLY

**\$82** AT **1.99%**

WEEKLY ON 2017  
MURANO S FWD (AA10)

APR FOR  
**39** MONTHS

#### STANDARD FEATURES:

- HEATED FRONT SEAT
- ALUMINUM-ALLOY WHEELS
- REARVIEW MONITOR
- NAVIGATION SYSTEM

PAYMENT INCLUDES **\$1,500** MY CHOICE BONUS CASH



Platinum  
model shown\*

VISIT [CHOOSЕНИSSAN.CA](http://CHOOSЕНИSSAN.CA) OR YOUR LOCAL RETAILER

**OFFER ENDS MAY 1<sup>ST</sup>**

Offers available from April 1 – May 1, 2017. <sup>1</sup>Nissan parts and accessories credit ("credit") is available on select new and previously unregistered 2017 Nissan models purchased/leased/financed and delivered between April 1, 2017 and May 1, 2017. Maximum \$4000 credit available on 2017 Titan models only. Other models qualify for lesser credit amounts as follows: \$1,300 (2017 Micra, Versa Note)/\$1,625 (2017 Altima, Sentra)/\$1,950 (2017 Maxima, Juke, Rogue, Murano, Pathfinder, Armada). Credit consists of a discount that can only be used at the time of initial purchase/lease/finance and applied towards the purchase of Nissan accessories from an authorized Nissan dealer. Credit cannot be used towards the costs of installation of Nissan accessories and cannot be deducted from the negotiated selling price of the vehicle. Credit will be deducted from the price of Nissan accessories after taxes. Any unused portion of this credit will not be refunded and may not be banked for future use. Customer is responsible for all costs not otherwise covered by credit. Credit has no cash surrender value and cannot be applied to past transactions. Conditions apply. Offer is subject to change or cancellation without notice. See your participating Nissan dealer or visit [Chooosenissan.ca](http://Chooosenissan.ca) for details. <sup>2</sup>Bonus cash discount of \$3,500/\$1,500/\$1,250/\$1,500/\$1,500/\$1,000 will be deducted from the negotiated selling price before taxes and is applicable to customers who lease, finance or purchase any 2017 Titan/2017 Rogue/2017 Sentra/2017 Pathfinder/2017 Murano/2017 Micra. Certain conditions apply. Payments cannot be made on a weekly basis, for advertising purposes only. \*Representative monthly lease offer based on a new 2017 Rogue S FWD/2017 Sentra SV CVT Style Package/2017 Murano S FWD (AA10) at 0.99%/0.99%/1.99% lease APR for 39/39/39 months equals monthly payments of \$254/\$214/\$355 with \$1,495/\$995/\$1,495 down payment, and \$0 security deposit. Lease based on a maximum of 20,000 km/year with excess charged at \$0.10/km. Total lease obligation is \$11,403/\$9,357/\$15,340. Lease Cash of \$0/\$1,760/\$0 is included in the advertised offer. My Choice Bonus Cash of \$1,500/\$1,250/\$1,500 is included in the advertised offer. \*Models shown \$38,024/\$28,029/\$46,524 selling price for a new 2017 Rogue SL Platinum (PL00)/2017 Sentra SR Turbo CVT Premium (RL00)/2017 Murano Platinum (AA10). All Pricing includes Freight and PDE charges (\$1,795/\$1,600/\$1,795) air-conditioning levy (\$100), applicable fees, manufacturer's rebate and dealer participation where applicable. License, registration, insurance and applicable taxes are extra. Offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Vehicles and accessories are for illustration purposes only. See your participating Nissan retailer for complete details. Certain conditions apply. ©2017 Nissan Canada Inc.



IN BRIEF

**Brown resigns from 67's head coach/GM post**  
Ottawa 67's head coach and general manager Jeff Brown has resigned for personal reasons.

Brown said in a release that moving to Ottawa has been difficult at times for his family. While an Ottawa native, Brown spent four seasons of his NHL career with the Blues and calls St. Louis home.

Brown spent three seasons as head coach and two as GM with the 67's.

THE CANADIAN PRESS

**Earnhardt calling it quits at season's end**  
Dale Earnhardt Jr. abruptly announced his retirement at the end of the season Tuesday.

Colourful, candid and talented, Earnhardt has been plagued by concussions the last several years and he missed half of last season recovering from the latest head injury.

THE ASSOCIATED PRESS

**Pole vaulter Barber comes out with Facebook post**  
World champion pole vaulter Shawn Barber turned to social media Monday to announce that he's gay.

"Gay and proud!" Barber wrote in an early morning Facebook post.

The post was confirmed as legitimate by his agent, who said the 22-year-old Barber didn't want to speak further about it at this time.

TORSTAR NEWS SERVICE

# Come heel or high water

2017 NHL PLAYOFFS

SECOND-ROUND PREVIEW

## Fractures have done little to slow Sens captain

Erik Karlsson was the best player in the Ottawa Senators' opening-round series against the Boston Bruins, and that was while playing with two hairline fractures in his left heel.

If the Ottawa captain was that good playing injured, one has to wonder how much better he can be when healthier. The Senators are going to find out as they take on the New York Rangers in the Eastern Conference semifinals, with Game 1 Thursday at the Canadian Tire Centre.

Despite the injury, Karlsson led all players in ice time in the opening round of the playoffs averaging 30:23. He sits third on the Senators and leads all defencemen in scoring with six assists. While still not 100 per cent, Karlsson's heel has been improving as the post-season progresses.

"He's playing fantastic, he's doing what Erik Karlsson does and that's taking over games at times," said blue-line partner Marc Methot. "Being clutch for us, coming down with key moments in games where he'll provide a nice pass or a timely goal and that's just what he does. He's a great leader and he's extremely competitive and it's showing through right now in his play



**Senators captain Erik Karlsson carries the puck between Rangers Nick Holden, left, and Mats Zuccarello on Dec. 27, 2016 in New York City. The Sens won the season series 2-1.**  
BRUCE BENNETT/GETTY IMAGES

and his determination.

"It's a credit to how badly he wants to win. You can't say enough about him."

While injuries are usually kept hidden during the playoffs Karlsson surprised many, including his general manager, when he revealed what he had been battling through following the Sen-

ators' series-ending victory.

"I was tired of talking about it and it's something that probably is not going to affect me anymore moving forward," Karlsson said. "It's something that's done with and I just felt like getting it out of the way instead of keep having it linger on and I'm not that much for secrets."

The Bruins struggled to contain Karlsson and there's little doubt the Rangers will do whatever possible to limit his chances, but the 26-year-old said he's fully prepared for the extra attention.

"This is the time of the year where everybody finishes their checks and everybody plays really hard every shift. That's why we play so hard all year to get to this point and it comes with the territory so it's not something that's new, it's not something that's going to change anything. It's just something you're going to have to deal with and

“When I look at the portrait of the Rangers there are no real flaws in their game, there are no real weaknesses.” Guy Boucher

+

GAME BY GAME




● **Game 1 in Ottawa**  
Thursday 7 p.m.

● **Game 2 in Ottawa**  
Saturday, 3 p.m.

● **Game 3 in New York**  
Tuesday, May 2, 7 p.m.

● **Game 4 in New York**  
Thursday, May 4, 7:30 p.m.

● **Game 5 in Ottawa\***  
Saturday, May 6, TBD

● **Game 6 in New York\***  
Tuesday, May 9, TBD

● **Game 7 in Ottawa\***  
Thursday, May 11, TBD

\*IF NECESSARY  
GAMES 1-4 ON CBC

something you're prepared to deal with."

This will be the second playoff meeting between the Senators and Rangers. The two teams squared off in 2012 with the Rangers winning the series in seven games. Few players remain from either team, but Karlsson, who was part of the Senators roster, says he has a different feeling about this Ottawa group.

"I think everybody's had that all year, it's just been a long process of getting to where we are today and I think we worked extremely hard to be standing here today and we still have a lot left to do. We expected to win the first series and we expect to win this one too."

THE CANADIAN PRESS

BEAN THERE.



DRANK THAT.

SPRING CLEAN YOUR MORNING ROUTINE



- A different coffee every month delivered to your door
- High quality beans, roasted locally
- Beans or pre-ground, always Fairtrade certified
- \$20/month including shipping and taxes

SUBSCRIBE NOW AT HEADLINECOFFEE.CA



MAKE IT TONIGHT

# Novel Pepperoni Pizza Grilled Cheese



PHOTO: MAYA VISNYEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

This dish is a mashup of everyone's favorite Friday night supper with the all-time best lunch.

**Ready in 12 minutes**

Prep time: 6 minutes  
Cook time: 6 minutes  
Serves 2

**Ingredients**

- 4 slices of sourdough or wholegrain bread
- 2 tsp garlic butter
- 1/2 cup ricotta cheese
- 4 basil leaves, torn into small pieces
- 2 slices mozzarella cheese
- 2 slices fontina cheese
- Extra Virgin Olive Oil

**Directions**

**1.** Preheat a skillet over medium heat with a drizzle of olive oil.

**2.** Butter one side of each slice of bread. Place pieces of bread butter side down on a clean surface or cutting board.

**3.** In a small bowl, mix ricotta with basil pieces. Spread one slice of bread with about a tablespoon of ricotta. Place one slice of mozzarella on ricotta cheese.

**4.** Lay a slice of fontina on other slice of bread. Close sandwich and place in skillet.

**5.** Grill until lightly browned and then flip over; continue grilling until cheese is melted and gooey.

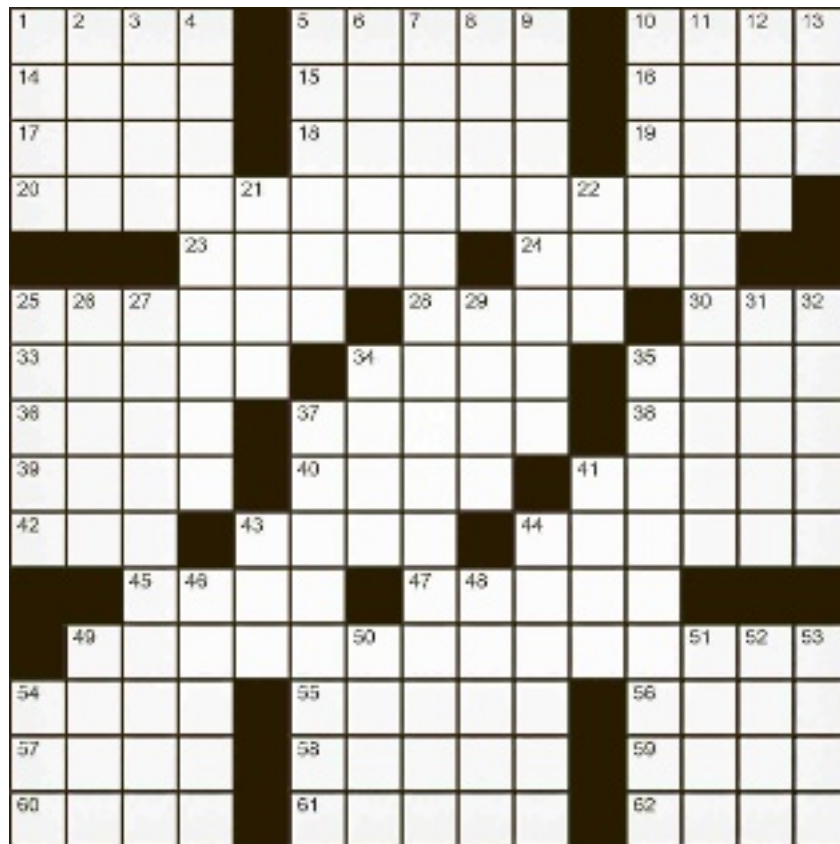
FOR MORE MEAL IDEAS, VISIT  
SWEETPOTATOCRONICLES.COM

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

**ACROSS**

1. Dapper shoe covering
5. James T. Kirk, et al.
10. Fast web connections
14. Fantastic!, for short
15. Martin's first wife in Sinclair Lewis' 1925 novel Arrowsmith
16. Dueling sword
17. 'Diet' suffix
18. Toy company
19. "I'm Yours" singer Jason
20. 1969 Guess Who album featuring the classic "These Eyes": 2 wds.
23. Remote, when used to lower volume
24. Financial-related, briefly
25. Army academy attendees
28. Andy Capp's wife's
30. Mesozoic \_
33. Whiskers
34. Plaintiff
35. UK honours, commonly
36. Astronomy bear
37. Worked with hay
38. It means 'Seven'
39. Rock's 'rug'
40. \_ deer
41. Last word in #11-Down's answer ...en francais
42. \_ Cone (Toy-made treat)
43. Gladiator's 141
44. Boonies seats area: 2 wds.
45. Caveman's weapon



47. Grammy Awards org.
49. Toronto and Vancouver are two in Canada aka 'Hollywood North': 2 wds.
54. "Bye!"
55. Ms. Shaye Smith (Pierce Brosnan's wife)

56. Nautically hoisted
57. Bohemian
58. #6-Down's variant spelling
59. Ear-related
60. Origin
61. One sending a ship distress signal, say
62. When new cal-

enders come out, for short

**DOWN**

1. Duck variety
2. Toronto's underground shopping network
3. Singer/songwriter, India.\_

4. New anchors look into them: 2 wds.
5. Montgomery of "The Heiress" (1949), and surnamesakes
6. Hawk's nest
7. Celine Dion, and others who can belt out tunes like she can: 2 wds.

8. Set of three, in literature, wee-ly
9. Standard Time: Scottish-born Canadian, Sir \_ Fleming (b.1827 - d.1915)
10. Garage band's CDs
11. Evergreen drink: 2 wds.
12. Sharon of "Boston Public"
13. Speaks, slang-style
21. "Tsk!" and "Tsk!"
22. "...boom-bah!"
25. Pals
26. Mr. Eckhart
27. Separate
29. Soup vegetable
31. Artwork like the original, informally
32. In \_ (Brooding)
34. "Better Call \_" ("Breaking Bad" spin-off)
35. Nabisco cookies brand!: 2 wds.
37. Transports in a 'dirt' race, commonly: 2 wds.
41. "Back in the U.S.S.R." flyer
43. Magna \_ laude
44. Movie star Verne
46. Architect, Frank \_ Wright
48. "Kate & \_" ('80s sitcom)
49. Campsite warmer
50. Single-named singer
51. Tolkien's li'l masterpiece
52. Super mean
53. US \_ of State
54. ' \_ ' in Calgary

## \* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**♈ Aries** March 21 - April 20  
Today's New Moon creates the perfect day for thinking about your earnings and how well you handle your finances. Do you take care of what you own?

**♉ Taurus** April 21 - May 21  
The only New Moon in your sign all year is taking place today. Take a realistic look in the mirror and ask yourself how you can improve your appearance. Try it.

**♊ Gemini** May 22 - June 21  
You might prefer to hide from others today, because you need some R & R and privacy. It's important to respect your needs.

**♋ Cancer** June 22 - July 23  
A conversation with a female acquaintance will be intense today. You will discover whether you share the same goals.

**♌ Leo** July 24 - Aug. 23  
You are high-viz today. People notice you, especially people in power. Keep this in mind so you can create a good impression.

**♍ Virgo** Aug. 24 - Sept. 23  
Today you want to do something different! You want to experience more of life. You want adventure and a chance to travel. (Go somewhere you've never been before.)

**♎ Libra** Sept. 24 - Oct. 23  
You are a people-pleaser. However, it's important to know that the most important person to please is yourself. Once you respect your own needs, it's easier to respect the needs of others.

**♏ Scorpio** Oct. 24 - Nov. 22  
This might be the best day of the year to ask yourself what you can do to improve your closest relationships.

**♐ Sagittarius** Nov. 23 - Dec. 21  
What can you do to improve your health? And what can you do to improve your job or the way you do your work? These are the things to ponder today.

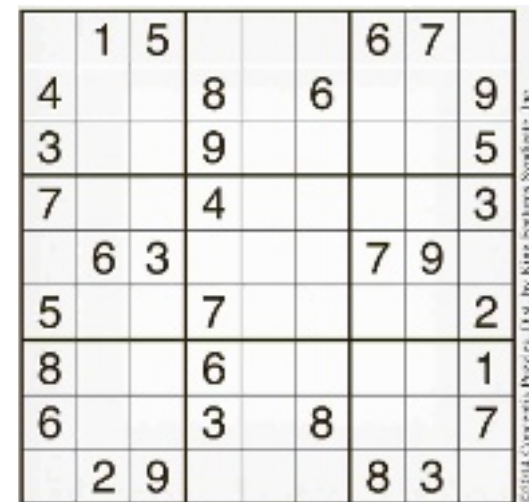
**♑ Capricorn** Dec. 22 - Jan. 20  
Look for ways to be playful or to express your creative side. As children, we easily do this, and too soon we forget.

**♒ Aquarius** Jan. 21 - Feb. 19  
A discussion with a parent or an authority figure will be important today. What can you do to improve your home and your family relationships?

**♓ Pisces** Feb. 20 - March 20  
Good communication involves careful listening. This is a good day to ponder your style of communicating with others and whether you are as clear as you can be.

### CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



**DOWNLOAD METRO'S NEW APP NOW**

OFFLINE READING

•LOCAL NEWS • VIEWS  
•LIFE • SPORTS

>>>

## YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to  
[metronews.ca/games](http://metronews.ca/games)



**\$300-\$1000 LOAN** in 12hrs or less





**DON'T MISS IT!**

Spark's Street  
**POUTINE  
FEST**

**APRIL 27 TO APRIL 30**

  
**rue Sparks St.**

OVER 30 POUTINE VENDORS AND RESTAURANTS, ENTERTAINMENT AND MUCH MORE!  
THURSDAY, FRIDAY, SATURDAY 11 AM TO 8 PM SUNDAY 11 AM TO 7 PM | FREE ADMISSION

Spark's Street | **SHOP.  
SAVOUR.  
SOCIAL.**

[sparkslive.com](http://sparkslive.com)

  [@sparkstreet](https://twitter.com/sparkstreet)